

# Main Lesson, Activity & Discussion Questions

Ages 5–11 | Read-Aloud Lesson | Scripture-Centered | Christ-Centered

## LESSON OVERVIEW

<b>Week #:</b>	14
<b>Date:</b>	April 5, 2026
<b>Lesson Title:</b>	Jesus Is Alive! The Resurrection Changes Everything
<b>Primary Scripture:</b>	Matthew 28:1–10; Matthew 28:16–20
<b>Bible Timeline:</b>	Easter Sunday — after Jesus died on the cross and was buried, before Jesus returned to heaven
<b>Big Idea:</b>	Jesus truly died for our sins and truly rose again, so we can trust Him as our living Savior and King.

## MEMORY VERSE

*"He is not here; he has risen, just as he said."*

**Matthew 28:6**

The angel spoke these words at the tomb. Jesus had promised that He would rise again, and He did exactly what He said. This verse teaches us that Jesus is alive and that His words are always true.

## SETTING THE SCENE (INTRODUCTION)

Today we are opening God's true Word to one of the most important moments in all the Bible. Last week we learned that Jesus, the promised King, came into Jerusalem. Soon after that, Jesus was arrested, beaten, nailed to a cross, and died for sinners. He was buried in a real tomb. A large stone was rolled in front of it. Soldiers guarded it. Everything looked sad and final.

But God had already told us this would not be the end. Jesus had said that He would die and on the third day rise again. Listen to Matthew 16:21: "From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things... and that he must be killed and on the third day be raised to life."

So today we are not listening to a made-up tale or a happy ending people wished for. We are listening to what God tells us He really did in history. Let's hear Matthew 28 and see the empty tomb, hear the angel's message, and meet the risen Jesus.

## MAIN LESSON NARRATIVE (READ ALOUD – AT LEAST 10 MINUTES)

It was very early on the first day of the week. The Sabbath was over. The sky was still dim with the first light of morning. Jerusalem, which had been loud and crowded during the feast, was beginning to wake up. But for some of

Jesus' followers, it had been a night of sorrow. Their Teacher, their Lord, the One they loved, had been crucified. They had seen Him die. They had seen where His body was laid. A heavy stone had been rolled across the entrance to the tomb.

Two women, Mary Magdalene and the other Mary, went to look at the tomb. Matthew 28:1 says, "After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb." They were not going there because they thought Jesus had already risen. They were going because they loved Him. Their hearts were heavy. They were grieving. It looked to them as though death had won.

Sometimes children and grown-ups feel that way too. Sometimes we look at pain, sadness, sin, sickness, or death, and it seems like darkness has the last word. But God often shows His power when things seem the most hopeless. The tomb looked like the end. But it was not the end.

Then something happened that no human being could make happen. Matthew says, "There was a violent earthquake, for an angel of the Lord came down from heaven" (Matthew 28:2). This was not a small, quiet moment that could be explained away. God was acting. Heaven was announcing something mighty. The angel came, went to the tomb, rolled back the stone, and sat on it.

Now children sometimes think the angel rolled away the stone so Jesus could get out. But Jesus did not need help getting out of the tomb. The stone was rolled away so people could see in. The empty tomb was going to be seen. God wanted witnesses.

Matthew describes the angel this way: "His appearance was like lightning, and his clothes were white as snow" (Matthew 28:3). That means he looked bright, shining, and glorious. This messenger came from God's presence. And the tough soldiers guarding the tomb? They were terrified. Matthew 28:4 says, "The guards were so afraid of him that they shook and became like dead men." The men who were supposed to keep watch could do nothing before the power of God.

Then the angel spoke, not first to the guards, but to the women. I love that. God cared for these grieving women. He knew they were afraid. He knew they needed truth and comfort. So the angel said, "Do not be afraid" (Matthew 28:5). Those are precious words in the Bible. God often says that when He comes near to His people. Why? Because when God is at work, we may tremble, but we do not need to run from Him if we belong to Him.

Then the angel explained why they should not be afraid: "For I know that you are looking for Jesus, who was crucified" (Matthew 28:5). Notice that. The angel did not pretend the cross had not happened. Jesus really was crucified. He really died. Christianity is not built on pretending sad things never happened. It is built on the truth that Jesus died for our sins and then rose in victory.

And then comes one of the happiest sentences in the whole Bible: "He is not here; he has risen, just as he said" (Matthew 28:6). Children, listen to that carefully. The angel did not say, "Maybe He is alive in your memories." He did not say, "His teachings will live on." He said Jesus had risen. That means Jesus was truly alive again. His body was no longer in the tomb. Death had not held Him.

And then the angel gave them evidence they could examine. He said, "Come and see the place where he lay" (Matthew 28:6). God does not fear honest looking. The tomb was empty. The place where Jesus' body had been was now empty. The women were invited to see it with their own eyes.

Then the angel gave them a job to do. "Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him'" (Matthew 28:7). The women who had come in sorrow were now being sent with good news. The message of Easter is news. Not advice. Not a feeling. News. Something happened. Jesus is alive.

Matthew 28:8 says, "So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples." That is such an honest verse. They were afraid, yet filled with joy. Sometimes when God shows us His greatness, we feel more than one thing at once. Their hearts were pounding. Their minds were racing. But joy had entered their grief

because Jesus was alive.

And then, on the way, something even more wonderful happened. Jesus Himself met them. Matthew 28:9 says, "Suddenly Jesus met them. 'Greetings,' he said." Can you imagine that moment? They had come to mourn Him. They had heard the angel's message. Now the risen Lord stood before them. Not as a ghost. Not as a dream. Not as a picture in their minds. Jesus Himself met them.

What did they do? The Bible says, "They came to him, clasped his feet and worshiped him" (Matthew 28:9). They touched Him. That matters. Their hands held His feet. Jesus was bodily alive. And they worshiped Him. That matters too. Jesus is not only alive; He is worthy of worship. He is the Son of God, the promised Savior, the true King.

Then Jesus spoke words of comfort, much like the angel had done. "Do not be afraid" (Matthew 28:10). The risen Jesus calms fearful hearts. He is not harsh with His people here. He is tender. He is strong. He is alive. Then He told the women, "Go and tell my brothers to go to Galilee; there they will see me" (Matthew 28:10). Jesus called the disciples His brothers, even though they had failed Him and fled in fear. That shows us grace. Jesus is kind to sinners. He has come to save.

Now let us slow down and think about what all this means.

First, Jesus truly died. The Bible is very clear about that. Matthew 27:50 says, "And when Jesus had cried out again in a loud voice, he gave up his spirit." He was buried in a real tomb. If Jesus had not truly died, then there would be no true sacrifice for sin. But He did die. He died in the place of sinners. Matthew 26:28 says His blood was poured out "for the forgiveness of sins." On the cross, Jesus took the punishment sinners deserve.

Second, Jesus truly rose again. The tomb was empty. The angel announced it. The women saw Jesus. Later the disciples saw Jesus too. This means the Father accepted the work of the Son. Sin had been paid for. Death had been defeated. The devil did not win. Evil did not have the last word. Jesus did.

Third, Jesus keeps His promises. Remember the angel's words: "just as he said." Jesus had told His disciples what would happen. Sometimes they did not understand. Sometimes they forgot. But Jesus did not fail. What He says, He does. That means children can trust every promise of Jesus. When He says He forgives all who come to Him, He does. When He says He is with His people, He is. When He says He will come again, He will.

Fourth, the resurrection changes everything for those who trust in Jesus. If Jesus stayed dead, then He would be just another teacher from long ago. But because Jesus is alive, He is the living Savior. He can hear prayers. He can forgive sins. He can help us obey. He can comfort us when we are afraid. He can give eternal life. Listen to Jesus' words in John 11:25: "I am the resurrection and the life. The one who believes in me will live, even though they die." That is why Easter brings deep hope.

Now Matthew's chapter does not end at the tomb. The risen Jesus gathered His disciples for a mission. Matthew 28:16 says, "Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go." They obeyed. Verse 17 says, "When they saw him, they worshiped him; but some doubted." That verse is honest too. Some were still struggling to take it all in. Yet Jesus came near to them.

And listen to what He said in Matthew 28:18: "All authority in heaven and on earth has been given to me." Because Jesus rose again, He is not weak, defeated, or gone. He is the reigning King. All authority belongs to Him. Kings, nations, families, churches, and every person belong under His rule.

Then Jesus gave His followers a command. Matthew 28:19–20 says, "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you." This means the resurrection is not only something to celebrate. It is something to proclaim. Jesus wants the good news to go to all nations. He wants people everywhere to know Him, trust Him, and follow Him.

Did you hear the Trinity in those verses? Jesus said to baptize "in the name of the Father and of the Son and of the Holy Spirit." God is one God in three Persons. God the Father sent the Son. God the Son died and rose again. God the Holy Spirit is given to God's people and helps them know and obey Christ. We do not worship three gods. We

worship one God in three Persons.

And then Jesus ended with a promise that is precious for children and teachers and parents and missionaries and pastors and every believer. He said, "And surely I am with you always, to the very end of the age" (Matthew 28:20). Think about that. The risen Jesus did not only prove He was alive and then disappear into silence. He promised to be with His people always. That means when you are lonely, Jesus is with His people. When you are afraid, Jesus is with His people. When you are trying to obey, Jesus is with His people. When the church shares the gospel, Jesus is with His people.

So what should we do with Easter? We should believe what God says. We should turn from sin. We should trust in Jesus, who died and rose again. We should worship Him. We should obey Him. We should tell others that Jesus is alive.

Children, this is why Easter matters so much. Not because of candy. Not because of eggs. Not because spring has come. Easter matters because Jesus Christ, the Son of God, died for sinners and rose again in victory. The tomb is empty. The Savior is alive. Forgiveness is offered. Hope is real. And everyone who trusts in Jesus belongs to a living King who will never die again.

**Let's say the big truth one more time together: Jesus truly died for our sins and truly rose again, so we can trust Him as our living Savior and King.**

## WHY WE CAN TRUST THIS ACCOUNT

We trust this account first because it is God's Word, and God always tells the truth. Matthew records real names, real places, a real tomb, real witnesses, and a real command from the risen Jesus.

### Here are a few reasons this account is trustworthy:

- Jesus said ahead of time that He would rise again. Matthew 16:21 and 20:18–19 show that the resurrection was promised before it happened.
- Jesus really died and was really buried. Matthew 27:57–60 records the burial in Joseph's tomb.
- The tomb was guarded. Jesus' enemies knew He had spoken about rising, so they secured the tomb and posted guards (Matthew 27:62–66). That makes it even clearer that the empty tomb was not a trick.
- Women were the first witnesses. In that culture, many people did not value women as public witnesses the way they should have. If someone were inventing a fake story to impress people, this would be an unusual detail to choose. But God tells the truth, and the truth is that these women really were there.
- Jesus was seen alive after He rose. The women saw Him in Matthew 28:9–10. The disciples saw Him in Matthew 28:16–17. Other passages also tell us many witnesses saw the risen Jesus.

*Historical evidence can help us, but Scripture comes first. We believe this because God says it in His Word.*

## WHAT THIS SHOWS US ABOUT JESUS

### **Jesus is our Savior.**

He did not stay in the grave. He finished the work the Father gave Him to do. He died for sins and rose again.

### **Jesus is our Sanctifier.**

Because He is alive, He does not only forgive His people; He also helps them grow, obey, and live for Him. The risen Jesus tells His followers to obey everything He commanded.

### **Jesus is our Healer.**

The resurrection shows His power over the brokenness sin has brought into the world. He is compassionate, strong, and able to help His people in their weakness.

### **Jesus is our Coming King.**

The One who rose will return. Easter gives us hope not only for today but for the future, because the living Jesus will keep every promise.

## **GOD REVEALED AS TRINITY**

### **God is one God in three Persons.**

In this lesson we see God the Son, Jesus Christ, risen from the dead.

In the wider teaching of Scripture, the Father raises the Son in power, showing the Father's delight in the Son and acceptance of His saving work.

In Matthew 28:19, Jesus teaches His disciples to baptize in the name of the Father and of the Son and of the Holy Spirit. That means the one true God has revealed Himself as Father, Son, and Holy Spirit.

#### **Simple sentence children can say:**

***God is one God in three Persons.***

## **LIFE APPLICATION**

### **Because Jesus is alive, children can:**

- Trust Him when they feel afraid.
- Ask Him to forgive their sins.
- Pray to Him, knowing He hears.
- Obey Him, because He is King.
- Tell others that Jesus is alive.

When children feel weak, remind them that they do not follow a dead hero from the past. They belong to the living Lord Jesus Christ.

## DEFENDING THE TRUTH

### Question a child might ask:

**Did Jesus really rise from the dead, or did people just make that up?**

### Simple biblical answer:

Jesus really rose from the dead. He said He would rise, the tomb was empty, angels announced it, the women saw Him, and later His disciples saw Him too. Matthew 28 does not read like people making up a happy ending. It shows fear, surprise, an empty tomb, and real witnesses. We believe it because God says it in His Word.

### Supporting Scripture:

*Matthew 16:21 | Matthew 28:5–10 | Matthew 28:16–20 | 1 Corinthians 15:3–8*

## DISCUSSION QUESTIONS

### Core questions for all ages:

**1. Who went to the tomb early in the morning?**

Answer: Mary Magdalene and the other Mary went to look at the tomb.

**2. What did the angel say about Jesus?**

Answer: "He is not here; he has risen, just as he said."

**3. What did the women do when they saw Jesus?**

Answer: They clasped His feet and worshiped Him.

**4. Why does Jesus' resurrection matter?**

Answer: Because it shows Jesus defeated death, keeps His promises, and can save all who trust Him.

**5. What did Jesus command His followers to do?**

Answer: To make disciples of all nations, baptize, and teach people to obey Him.

### Optional deeper questions:

**6. Why is it important that Jesus truly died and truly rose again?**

Answer: Because if Jesus did not truly die, sin would not be paid for, and if He did not truly rise, there would be no victory over death.

**7. What does Matthew 28:19 teach us about God?**

Answer: That God is one God in three Persons: Father, Son, and Holy Spirit.

**8. How does the resurrection help you when you feel afraid or sad?**

Answer: It reminds us that Jesus is alive, with His people, and stronger than death.

## HANDS-ON ACTIVITY

### Purpose:

To help children remember the empty tomb and the message, "He is not here; he has risen."

**Type:**

Simple object lesson and retelling activity

**Supplies:**

- Small paper cups or half-sheets of paper
- Brown or gray crayons/markers
- A small circle cut from paper for a "stone"
- Optional: cotton balls or tissue paper strips for the inside

**Step-by-step instructions:**

1. Give each child a paper cup laid on its side, or a folded piece of paper shaped like a tomb opening.
2. Let children color the "tomb" brown or gray.
3. Help them place the paper circle in front as the stone.
4. Have them move the stone away and say together: "He is not here; he has risen, just as he said."
5. Ask each child to tell one true thing Easter teaches us about Jesus.
6. Close by reading Matthew 28:6 aloud together.

*Scripture connection: The moved stone reminds children that the tomb was empty and that Jesus is alive.*

**TEACHER CLOSING PROMPT**

Children, today we heard the best news in the world. Jesus died for sinners, and Jesus is alive again. That means no child here has to wonder whether Jesus is weak or far away. He is the living Savior. If you are afraid, you can trust Him. If you have sinned, you can ask Him for forgiveness. If you belong to Him, He is with you.

Let's hear His promise one more time: "And surely I am with you always, to the very end of the age" (Matthew 28:20).

**Close in Prayer:**

*Lord Jesus, thank You for dying for sinners and rising again. Thank You that You are alive forever. Help us trust You, worship You, and tell the truth about You. Amen.*